

EXCESS SUN EXPOSURE

Respondents were asked questions about sunburns, including anytime that even a small part of their skin was red for more than 12 hours.

Had a sunburn within the past 12 months?

- In 2004, forty-one percent of Montana adults reported having had a sunburn within the past year.
- Significantly more adult males (45%) than females (37%) reported having sunburns in the past year.
- Having had a sunburn within the past 12 months was negatively associated with age, that is, the older a person was, the less likely they were to report this health risk. Almost two-thirds of adults aged 34 and younger ($\geq 60\%$) reported a sunburn in the past year, while less than one-quarter of adults aged 55 and older ($\leq 24\%$) reported such health risk behavior.
- A significantly higher percent of adults whose household income was \$50,000 or more per year ($\geq 50\%$) indicated they had sunburns than adults earning less income ($\leq 41\%$).
- White, non-Hispanics (42%) were more likely to report having had a sunburn in the past year than non-White or Hispanic adult Montanans (32%).
- Adults without disability (44%) reported more excess sun exposure than adults with disability (33%).
- Adult Montanans who lived in the Southwest health planning region of the state (47%) tended to be more likely to report excess sun exposure than those in other health planning regions (~39%).
- Twenty-one percent of the Montana adult population reported having had four or more sunburns in the past year.
- Eighteen to twenty-four year olds (33%) were significantly more likely than those adults aged 35 and older ($\leq 19\%$) to report four or more sunburns in the past year.

[Table 10. Excess Sun Exposure, Montana Adults, 2004]

[Figure 10. Excess Sun Exposure by Age Group, Montana Adults, 2004]

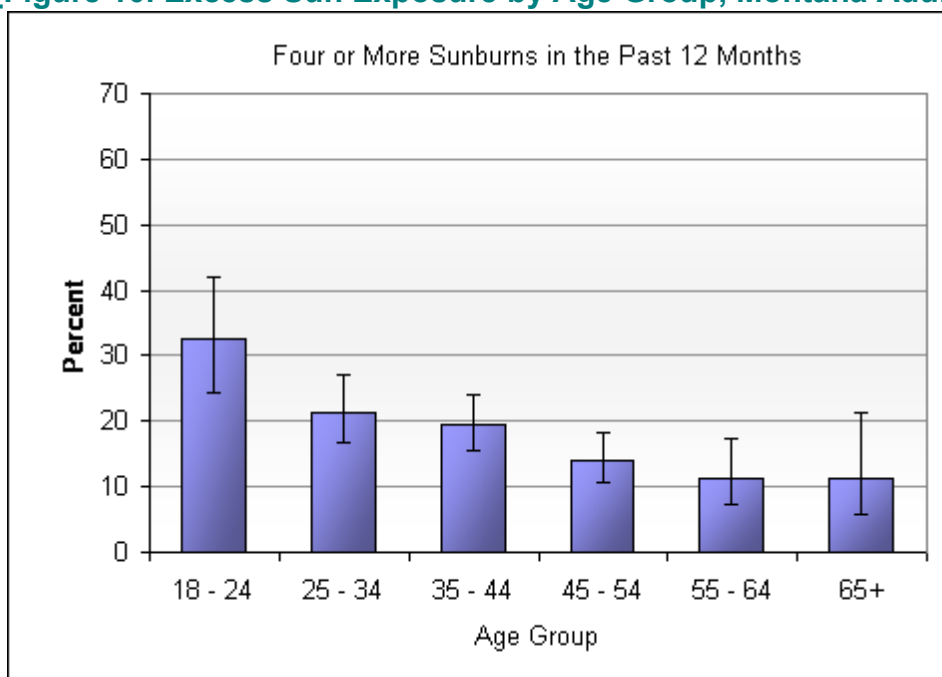


Figure 10. Excess Sun Exposure by Age Group, Montana Adults, 2004.